

control means arranged to provide control messages for transmission which inform the at least one receiver of a variation in said sequence of intermittent messages, each of said control messages forming part of said sequence of intermittent messages and including control information for effecting synchronization after said variation, including parameters for informing variation in any one or more of the first period of time, the second period of time and the number of messages in a group; and

transmission means, responsive to said control means, for transmitting each of said intermittent messages.

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68. A transmitter as claimed in claim 67, wherein a control message has a payload including a first parameter specifying the first period of time after variation, a second parameter specifying the second period of time after variation and a third parameter specifying the number of messages in a group after variation.

69. A receiver for synchronizing substantially every first period of time to a sequence of intermittent messages transmitted by a transmitter, wherein said sequence of intermittent messages are in groups of messages, each group being separated from the next group by a first period of time and including a plurality of messages in series, each message

in a group being separated from an adjacent message in that group by a second period of time, said receiver comprising:

control means arranged to control the operation of the receiver based on received ones of the transmitted sequence of intermittent messages including control information indicative of a variation in said sequence of intermittent messages;

a clock for providing a time reference to said control means; and

receiver and synchronization means, responsive when enabled, to a received message to indicate to said control means reception of said message,

wherein said control means is arranged to disable said receiver and synchronization means for a period of time based on the intermittent sequence, and any variation thereof, and to enable said receiver and synchronization means to receive a message in each of the groups in the sequence.

70. A receiver for synchronizing substantially every first period of time to a sequence of intermittent messages transmitted by a transmitter, wherein said sequence of intermittent messages are in groups of messages, each group being separated from the next group by a first period of time and including a plurality of messages in series, each message